






 **72%**
HEALTH SCORE

Open-Faced Blackened Catfish Sandwiches

 Very Healthy

READY IN

15 min.

SERVINGS

4

CALORIES

318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 cups d cabbage-carrot coleslaw
- 24 ounce catfish fillets
- 1 cup cilantro leaves fresh chopped
- 0.3 cup greek yogurt plain fat-free
- 0.8 teaspoon ground pepper red
- 1 tablespoon honey
- 3 tablespoons juice of lime fresh

- 2 teaspoons olive oil
- 1 teaspoon oregano dried
- 1.8 teaspoons paprika
- 0.3 teaspoon salt
- 4 ounce sourdough bread toasted

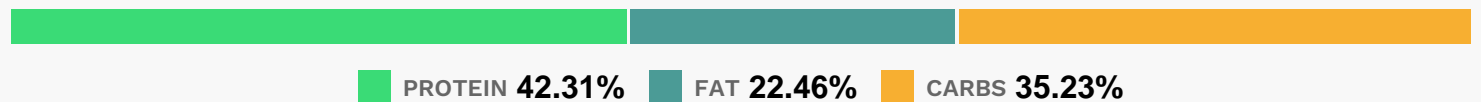
Equipment

- bowl
- frying pan

Directions

- Combine first 5 ingredients in a small bowl.
- Sprinkle both sides of fish with paprika mixture.
- Heat a large cast-iron skillet over high heat.
- Add oil to pan; swirl to coat.
- Add fish; cook 4 minutes on each side or until desired degree of doneness.
- Combine yogurt, juice, and honey in a medium bowl.
- Add cabbage and cilantro; toss well to coat. Top each bread slice with about 1/2 cup slaw and 1 fillet. Top each fillet with remaining slaw.
- Sustainable Choice: Look for farmed catfish, which is an eco-friendly option

Nutrition Facts



Properties

Glycemic Index:73.9, Glycemic Load:15.72, Inflammation Score:-10, Nutrition Score:28.584782807723%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.15mg,

Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 317.78kcal (15.89%), Fat: 7.93g (12.2%), Saturated Fat: 1.73g (10.84%), Carbohydrates: 27.98g (9.33%), Net Carbohydrates: 24.75g (9%), Sugar: 9.57g (10.64%), Cholesterol: 99.49mg (33.16%), Sodium: 442.48mg (19.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.61g (67.22%), Vitamin A: 11649.3IU (232.99%), Vitamin D: 21.26µg (141.75%), Vitamin B12: 3.91µg (65.16%), Selenium: 31.46µg (44.94%), Phosphorus: 438.83mg (43.88%), Vitamin B1: 0.62mg (41%), Vitamin B3: 5.49mg (27.43%), Potassium: 942.66mg (26.93%), Vitamin K: 26.63µg (25.37%), Vitamin B2: 0.35mg (20.87%), Vitamin B6: 0.37mg (18.58%), Manganese: 0.37mg (18.5%), Folate: 70.95µg (17.74%), Vitamin B5: 1.69mg (16.94%), Magnesium: 63.45mg (15.86%), Iron: 2.35mg (13.05%), Fiber: 3.23g (12.94%), Vitamin C: 9.75mg (11.82%), Zinc: 1.51mg (10.05%), Calcium: 93.95mg (9.4%), Vitamin E: 1.36mg (9.04%), Copper: 0.16mg (7.95%)